

Customizing Coaching Instructions, Drills, and Lessons

Quick Guide to NeuroTennis

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Charging and Power

Pairing and Communication

NT Adjustments on the Court

Lesson and Drill Selection

Customizing Coaching Instructions, Drills and Lessons

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Customizing Coaching Instructions, Drills, and Lessons

What's in a Lesson?

Creating Custom Coaching Instructions

Creating Custom Drills

Creating Custom Lessons

What's in a Lesson?

Done

Lessons

10 Lessons Available · Sorted A to Z

New Lesson

30 minute Beginner lesson (The Essentials)

6 Drills

36 mins

Default Lesson - Full Court 90

Endurance &...

- A lesson contains a sequence of drills.

- A drill contains any number of coaching instructions.

- NT provides a library of coaching instructions, drills, and lessons. These are called "standard", and are denoted by this icon.

- You can also create your own. These are called "custom", and are denoted by this icon.

- Your custom coaching instructions can include your own audio and video recordings.

- Mix and match: a custom drill can contain a mix of custom and standard coaching instructions.

- Similarly, a custom lesson can contain a mix of custom and standard drills.

Creating Custom Coaching Instructions (1 of 3)

Done

Lessons

Drills

Commands

Devices

Profile

Step 1: Create a New Coaching Instruction

1. From the main menu, choose "Coaching Instructions".

2. Swipe to the category for your coaching instruction - for example, "Footwork".

3. In the upper right corner, tap "+" to create a new coaching instruction.

Footwork

Ground Techn...

Next

Creating Custom Coaching Instructions (2 of 3)

Done

Cancel

Save

COMMAND NAME

Aim with your body

COMMAND CATEGORY

Footwork

COMMAND TRIGGER

When you will hear the command during play

My Shot

RECORDING

Audio

Video

ADD NEW RECORDING

Step 2: Enter Coaching Instruction Information

1. Enter a name for the new coaching instruction, for example, "Aim with your body". Tap "Done".

2. Set the trigger to "My Shot" or "Opponent shot", "Serve" or "Return" – Serve and Return coaching instructions are triggered by button presses on the NT200, instead of by hits.

3. Tap on "Add New Recording" and follow the instructions to record audio.

4. After recording, choose a name for the person who recorded the coaching instruction. This may be used later to select voice preferences.

NOTE: You can have as many audio recordings as you want for a coaching instruction. You can add more at any time.

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Creating Custom Coaching Instructions (3 of 3)

Done

COMMAND NAME

Aim with your body

COMMAND CATEGORY

Footwork

COMMAND TRIGGER

When you will hear the command during play

My Shot

RECORDING

Audio

Video

ADD NEW VIDEO

Step 3: Create Explanatory Video for the Coaching Instruction

1. You can record a video for your coaching instruction to explain its purpose and to demonstrate what to do.

2. Tap on the "Video" tab (see picture) Then tap "(+) Add New Video" and follow instructions to choose an existing video from your phone, or record a new one.

NOTE: You can have as many videos as you wish for a coaching instruction. You can add more at any time.

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Creating Custom Drills (1 of 4)

Done

NeuroTennis

Lessons

Drills

Commands

Step 1: Create a New Drill

1. From the main menu, choose "Drills".

2. Swipe left or right to choose the category for your new drill.

3. In the upper right corner, tap "+" to create a new drill.

Net Play

PrevNext

Creating Custom Drills (2 of 4)

Done

Cancel

Save

DRILL NAME

Dictating point play

Drill Name Recording

DESCRIPTION

Don't wait for your opponent to make the first move. Start doing something early on to tip the balance in your favor and then build the point from there.

DRILL CATEGORY

Baseline

COUNT SHOTS FOR RALLIES

COACHING COMMANDS

Step 2: Enter Drill Information

1. Enter the drill name and press "Done".

2. Tap on the drill name recording and follow the instructions to record.

3. Enter a description of the drill's purpose (optional).

4. Change drill category, if desired.

5. Decide if you want NT to count shots in your rallies during this drill.

6. Tap "+ Add Coaching Instructions to Drill" to start choosing coaching instructions for your drill.

ADD COACHING INSTRUCTIONS TO DRILL

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Creating Custom Drills (3 of 4)

Done

Back

Choose Commands

+

Footwork

Ground Techn...

*"Aim with your body"

"Athletic Position"

"Bounce between shots"

"Create space and step in"

"Crossover step"

Step 3: Adding Coaching Instructions

1. After tapping "+ Add Coaching Instructions to Drill", the "Choose Coaching Instructions" screen appears.

2. Swipe left and right to access other coaching instruction categories.

3. Coaching Instructions included in your drill are shown with a check mark. Check or uncheck coaching instructions, as desired.

4. When you are done, tap "Back" in the upper left corner to return to your drill screen.

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Creating Custom Drills (4 of 4)

Done

Cancel

Save

DRILL NAME

Dictating point play

Drill Name Recording

DESCRIPTION

Don't wait for your opponent to make the first move. Start doing something early on to tip the balance in your favor and then build the point from there.

DRILL CATEGORY

Baseline

COUNT SHOTS FOR RALLIES

COACHING COMMANDS

Step 4: Save the Drill and Add It to a Lesson

1. Tap "Save" to save your drill. Even if you are not online, the NT app will remember your drill.

2. You can add your drill to a lesson now or later. To add it now, tap on "Add to Custom Lesson" and choose a lesson from the menu.

ADD TO A CUSTOM LESSON...

NOTE: You can only add to custom lessons, not standard ones.

3. Another option is to send your drill directly to the device as a "standalone drill", saving you the step of first adding the drill to a lesson. This downloads a lesson containing just one drill. Do this by tapping on "Send to Device".

SEND TO DEVICE

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Creating Custom Lessons (1 of 3)

Done

Lessons

10 Lessons Available · Sorted A to Z

New Lesson

30 minute Beginner lesson (The Essentials)

6 Drills

36 mins

Default Lesson - Full Court 90

Endurance &...

Step 1: Create a New Lesson

1. From the main menu, choose "Lessons".

2. Tap on "(+) New Lesson" button (see picture).

3. Enter the name of the lesson.

4. Tap on the lesson name recording and follow the instructions to record.

5. Enter a description of the lesson's purpose (optional).

6. Tap "+ Add Drills to Lesson" to start choosing drills for your lesson.

ADD DRILLS TO LESSON

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Creating Custom Lessons (2 of 3)

Done

Back

Choose Drills

Baseline

Cross Court BH Game

Rules: 1) Only backhands are...

Step 2: Enter Lesson Information

1. After tapping "+ Add Drills to Lesson", the "Choose Drills" screen appears.

2. Swipe left and right to access other drill categories.

3. Drills in your lesson are shown with a check mark (see picture). Check or uncheck drills, as desired.

4. You can also tap on any drill's name if you want to see what it contains. A screen opens to show you the drill's contents and offers a button to add the drill to your lesson.

5. When you are done adding drills, tap "Back" in the upper left corner to return to the your lesson screen.

NOTE: It is possible to add the same drill to a lesson multiple times.

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Creating Custom Lessons (3 of 3)

Done

Cancel

Save

LESSON NAME

Footwork workshop

Lesson Name Recording

DESCRIPTION

DRILLS

ADD DRILLS TO LESSON

Step 3: Save the Lesson

1. On the lesson screen, review the list of included drills. You can delete any drill by tapping on the red "-" button.

2. Tap on each drill's duration to adjust it, if desired.

3. Press and drag the handles on the right side to re-order the drills in any desired sequence.

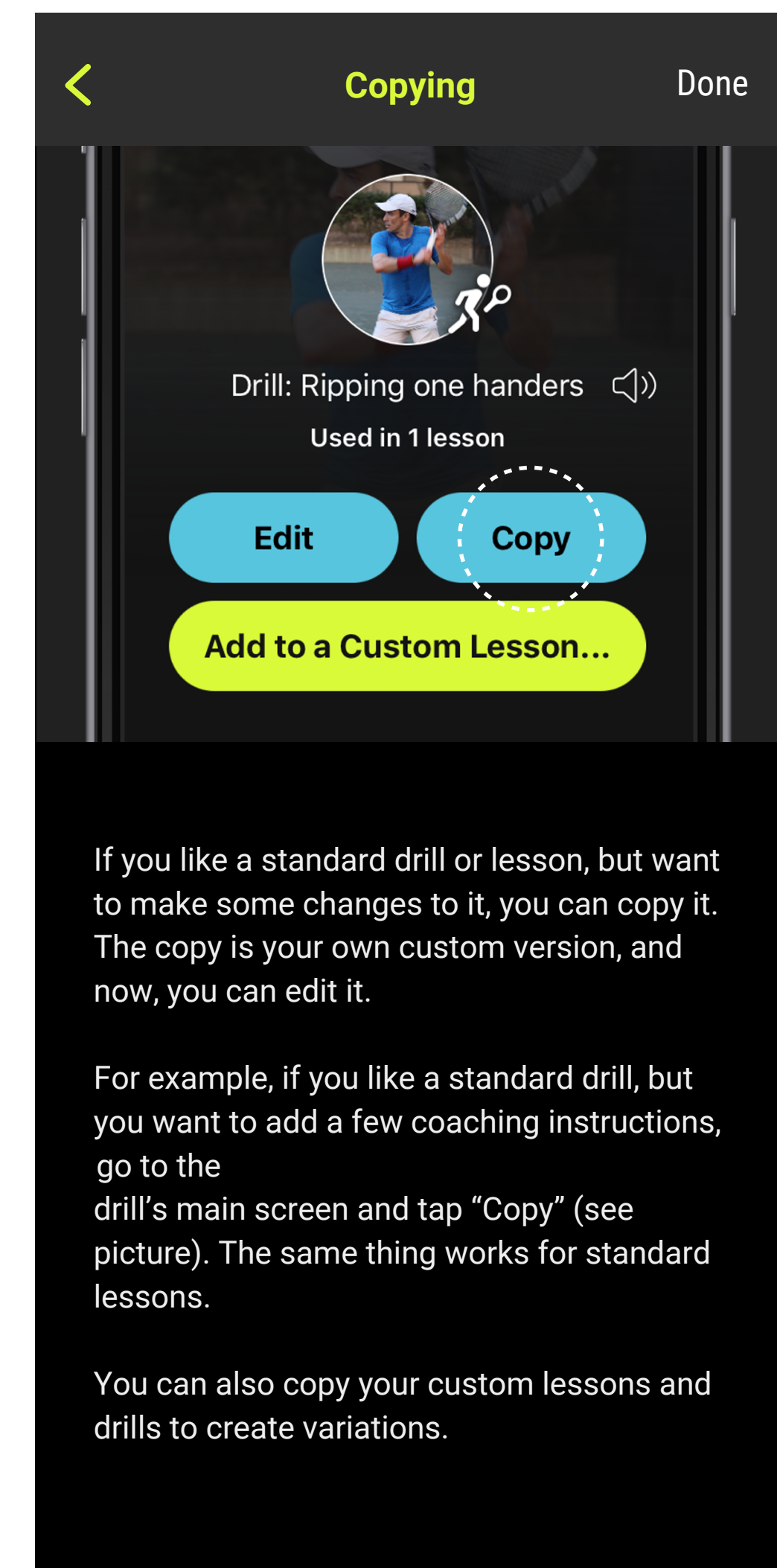
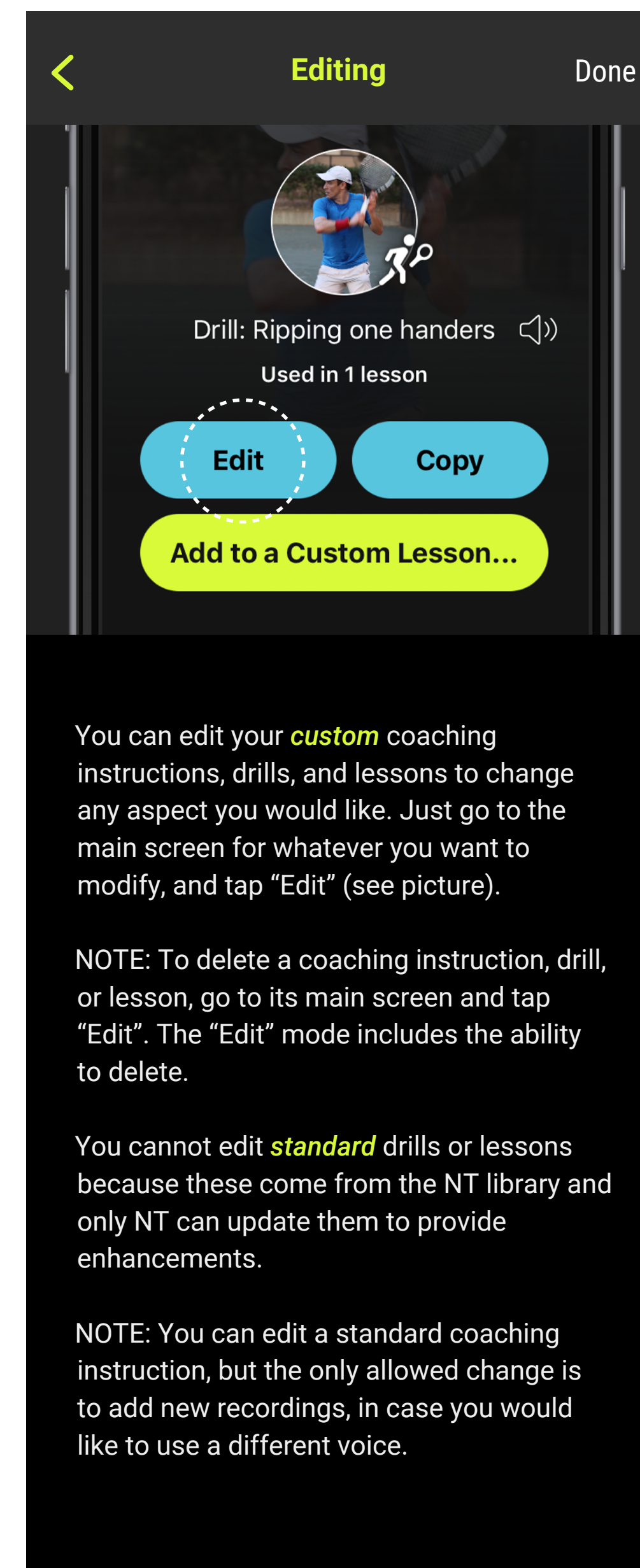
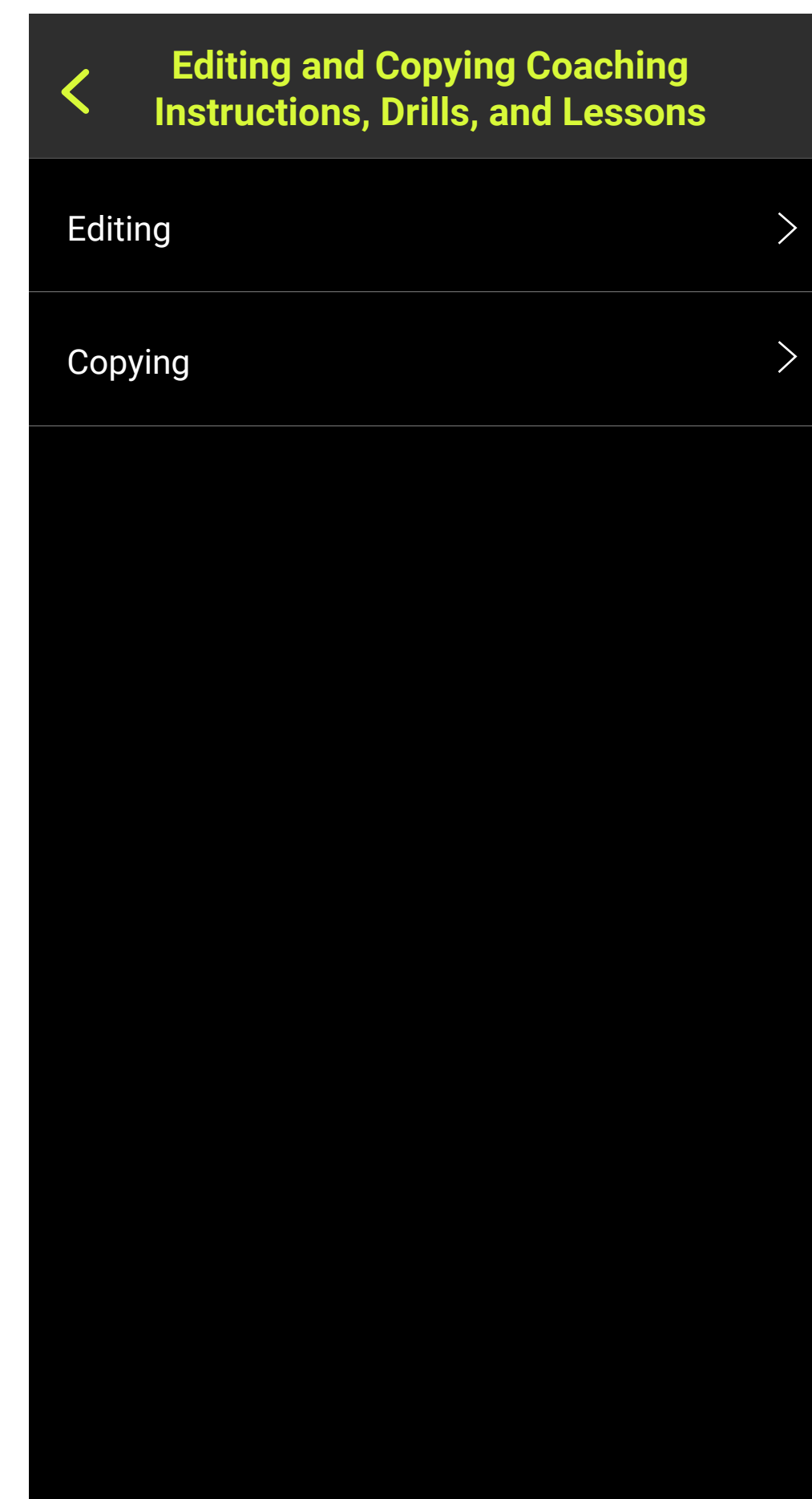
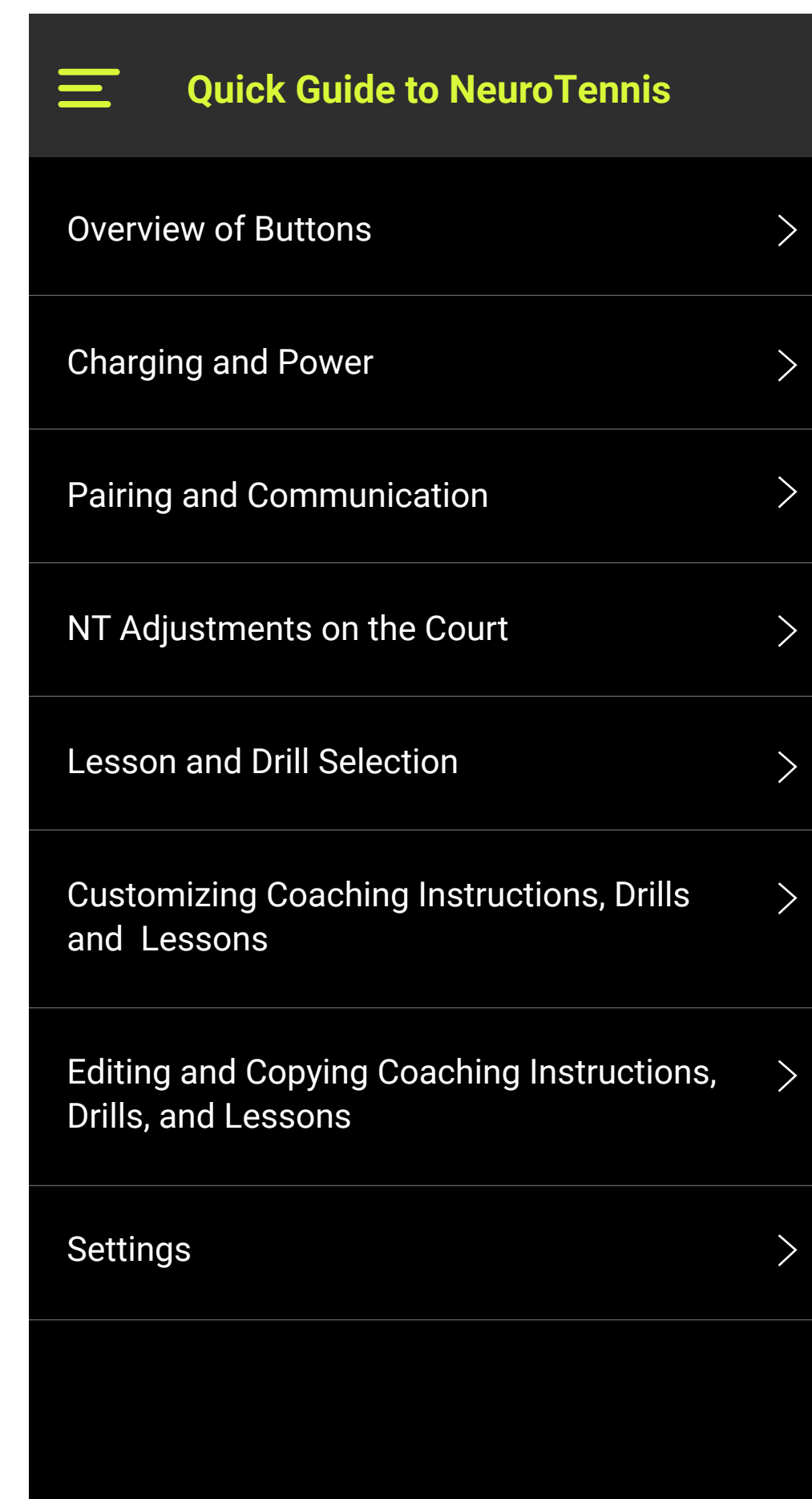
4. When you are satisfied with the lesson, tap "Save" in the upper right.

5. Your lesson is now ready! The app shows you the total duration. To load the lesson on to your NT200, tap "Send to Device".

SEND TO DEVICE

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Editing and Copying Coaching Instructions, drills, and lessons



Settings

